

BLACH SCHOOL

AFTER-SCHOOL SPORTS HANDBOOK 2011-2012

Offered by the
City of Los Altos Recreation Department
in cooperation with the
Los Altos School District

August 16, 2011

BLACH INTERMEDIATE SCHOOL AFTER-SCHOOL SPORTS PROGRAM

Welcome to the Junior High After-School Sports Program, which is run by the Los Altos Recreation Department with the support of the Blach Sports Boosters and the Blach Student Council (the tennis program is run by the Mid-Peninsula Tennis Patrons). These programs allow the participants to experience inter-school competition, team play and sportsmanship. In addition to the After-School sports program, Blach also provides noontime activities open to all that are organized by the Blach Leadership Class.

It is the goal of this program to provide an inter-school athletic program to as many students as possible, providing teaching instruction and maintaining principles of self-esteem building, self-discipline and conscientious sportsmanship by student-athletes, coaches, referees, parents and administrators.

During the 2011-2012 school year (except for tennis), we will again be participating in the Valley Athletic League, which includes schools in Los Altos, Mountain View, Cupertino, Sunnyvale and San Jose. We are pleased with our continuing relationship with these schools, as it has provided us with a wider base of competition for our after-school sports program.

The tennis program is run by the Mid-Peninsula Tennis Patrons, an organization that sponsors junior high tennis programs with a goal of stimulating interest in junior tennis. Cindy Kane is the tennis coach. The tennis team practices three times a week with matches on Fridays, beginning mid March and running through early May. Parent volunteers help coordinate the tennis team.

The City of Los Altos Recreation Department is always interested in speaking with individuals who might be interested in

coaching or officiating during the school year. Parents are welcome to coach or officiate. Parents are also welcome to coach a team that their child is participating on. If you know of anyone who might be interested, please contact Tamara Oskoui, Recreation Coordinator, or the Blach Physical Education Department.

Tamara Oskoui

Recreation Coordinator
Los Altos Recreation Dept.
(650) 947-2727
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Rachel Botsford

Chairperson
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Chairperson
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PARTICIPATING SCHOOLS

The Junior High Sports Program participates in the Valley Junior High School Athletic League (VJHSAL), which is comprised of the following schools:

- 1) Blach Intermediate School (Los Altos)
- 2) Columbia Junior High School (Sunnyvale)
- 3) Cupertino Middle School (Sunnyvale)
- 4) Egan Intermediate School (Los Altos)
- 5) Graham Middle School (Mountain View)
- 6) Hyde Junior High School (Cupertino)
- 7) Kennedy Junior High School (Cupertino)
- 8) Lawson Middle School (Cupertino)
- 9) Miller Middle School (San Jose)
- 10) Sunnyvale Junior High School (Sunnyvale)

Peninsula schools, private and public, participate in the tennis league. The home games for the Blach tennis team will be played on an off site to be determined.

Directions to the Valley Athletic League Schools are included in this packet and on the Blach website at www.blachschool.org under Sports.

SPORTS OFFERED

SPORT	TEAMS	HOW TEAMS ARE MADE*
BOYS		
Cross Country	8, 7	Grade
Volleyball	8, 7, C ¹	Grade & Height
Wrestling	Varsity, JV	Weight
Basketball	8, 7, C ¹	Grade & Height
Soccer	8, 7	Grade
Track & Field	8, 7	Grade
GIRLS:		
Cross Country	8, 7	Grade
Softball	8, 7	Grade
Volleyball	8, 7, C ¹	Grade & Height
Soccer	8, 7	Grade
Basketball	8, 7, C ¹	Grade & Height
Track & Field	8, 7	Grade
CO-ED		
Tennis	Varsity, JV (co-ed)	Ability

*NOTE: Skill level is also a component in determining participants for each team.

¹ In volleyball and basketball the C team consists of students who are 5'3" or under

TRYOUTS

Tryouts are generally held one or two weeks prior to the start of each sport. Tryouts are held after school and generally last until 4:30pm. Students are expected to attend all tryout sessions. Students are placed on teams based on standards established for each sport, which include height, weight, grade, and skill level. In some cases, where there are limited coaches available or there is not adequate competition in the neighboring schools, it may be necessary to limit the number of students playing in a particular sport. It is the intention of the athletic program to encourage all students to tryout for all sports in which they have an interest. It is also a reality that there are often more students interested in a sport than can participate on a team. When this occurs, it is difficult and uncomfortable for the coach to have to make cuts during the tryout period in order for the team to be within maximum limits. Each coach labors over these decisions. **Please understand that the Valley Junior High School Athletic League is a competitive league, not solely recreational in nature. Any questions regarding the placement of a student should be directed to the coach.**

PRACTICES AND GAMES

The program usually runs four days per week, Monday through Thursday. Games are generally on Tuesdays and Thursdays, but this varies by sport. The practices are generally held from 2:50pm to 4:30 pm, and game days generally run later than 4:45 pm. Games typically begin at 3:50pm and are held at all participating schools. Please be prepared to be flexible on timing, especially if students are traveling by bus to an away game. Tennis practices are Mondays, Wednesdays and Fridays. Matches are generally held on Fridays (and some Wednesdays) at Los Altos High School. The coaches will have more detailed information on away games and practices for each sport. It is the responsibility of the student to attend all practices if they expect to play.

Please note that most, if not all, Cross Country meets will be held on Wednesdays.

TRANSPORTATION

If fiscally possible, bus transportation, with a fee attached to the registration, is provided for away games. We will not use bus transportation for games at Egan or Graham. If affordable busing is not possible, and where transportation is not provided, parent volunteers will be needed to transport students to and from these away games. If you are interested in volunteering to drive, please complete the transportation insurance form at the end of this packet.

ADDITIONAL INFORMATION ON THE TRACK & FIELD PROGRAM

In addition to the regular meets scheduled during the Track & Field season, the season is culminated by a League Final and the Santa Clara County Track & Field Finals. For both meets, qualifying students are released early from school (approximately 11:30-12:00 noon) and are transported by bus to the meet. Additional information about these track meets is available at the beginning of the Track & Field season.

COST FOR PARTICIPANTS

The cost for each participant per sport is \$99.00 to Los Altos Recreation Department (paid during online registration) and \$25 paid to Blach Sports Boosters to help cover the cost for transportation. The participating students will bring home a letter from the Recreation Department before each sport starts explaining the registration process. **Online registration must be completed before the first scheduled competition in order to participate.**

The cost for the tennis program is approximately the same, but varies slightly year to year.

The Blach Athletic Boosters also support the athletic program through memberships. We would appreciate it if each participating family would donate to the sports program. The PTA membership form has the information for donating or contact one of our sports booster chairpersons.

FINANCING/RESPONSIBILITIES FOR THE PROGRAM

There are a number of groups who help to finance the after-school program and who have different responsibilities for the program.

The Recreation Department is responsible for recruiting, hiring and paying all coaching staff. School Coordinators (Mr. Kane and Ms. Koren) are responsible for assisting with the recruitment and hiring of coaching staff, organizing practice and game schedules, arranging for buses, and overall on-site supervision of the program.

Individual coaches and athletic directors at each school site are responsible for arranging game officials. Individual coaches are expected to provide supervision on buses and at away games and they are expected to stay at Blach until students are picked up after practices and games (up to a maximum of 30 minutes following activity's conclusion). It is

the parent/guardian's responsibility to ensure that participants are picked up from Blach within this time frame. Coaches are also responsible for the appropriate use of facilities and equipment, game operations and the safety and security of players. All uniforms, equipment, keys, and locker room/gym facilities are under the care of all coaches.

The Blach Sports Boosters pay for buses and scholarships for students who would otherwise be unable to participate. These funds are kept in the booster account at Blach. If your child needs financial assistance, please contact one of the Blach Sports Booster Chairpersons listed on page 6. The Boosters are responsible for helping to arrange for team parents. The team parents arrange for parent drivers when buses are not used. The after school sports information line will be updated weekly by a committee member.

The Blach Student Council also contributes to after school sports out of its general funds. It pays for half of the cost of the officials used at Blach.

LIABILITY WAIVER

This program is offered through the City of Los Altos Recreation Department and requires a signed parent permission slip for students to be allowed to participate. Students participating in this program participate at their own risk, and the permission slip includes a liability waiver clause. For more information regarding this clause, contact the Los Altos Recreation Department.

**ALL CURRENT SPORTS
SCHEDULES CAN BE FOUND
ONLINE AT BLACH'S WEBSITE**

QUESTIONS? If you have questions, the people to contact are:

Blach Sports Booster Committee:

Rachel Botsford

Chairperson

rachel.botsford@sbcglobal.net

Joanne Marent

Chairperson

joannemarent@comcast.net

All questions regarding the after-school sports program may be directed to the Booster Committee.

Los Altos Recreation Department:

Tamara Oskoui (650) 947-2727

Recreation Coordinator

toskoui@losaltosca.gov

Blach Athletic Department:

Steve Kane (Boys) (650) 934-3851

skane@blachschool.org

Pat Koren (Girls) (650) 934-3852

pkoren@blachschool.org

Tennis Program:

Cindy Kane (650) 934-3838

ckane@blachschool.org

DIRECTIONS TO SCHOOLS IN THE VALLEY ATHLETIC LEAGUE

These are directions to schools that we participate with during the VJHSAL regular season. If athletes travel to a different location (i.e.; Cross Country, League Finals, etc.), you will be given directions prior to the meets or games.

Columbia Middle School

739 Morse Avenue
Sunnyvale - (408) 522-8247

Go east on Central Expressway. Go north on Fair Oaks Avenue. Continue on Fair Oaks until you reach Duane Avenue. Turn left on Duane. Turn right on Morse Avenue. School is on the left.

Cupertino Middle School

1650 South Bernardo Avenue
Sunnyvale - (408) 245-0303

Go south on Foothill Expressway. Turn left on Homestead Road (before the Hwy 280 interchange). Go over Highway 85 and turn left on Bernardo. School is on the right.

Egan Intermediate School

100 West Portola Avenue
Los Altos - (650) 941-6174

Go north on Foothill Expressway. Turn right on San Antonio Road and left on Portola Avenue. Egan will be on your left.

Graham Middle School – Mountain View Sports Pavilion

1175 Castro Street
Mountain View - (650) 526-3570

From Blach, turn left out of the driveway. Turn right on Miramonte. Turn right on Castro. Graham Middle School/Mountain View Sports Pavilion is on the right.

Hyde Junior High School

19325 Bollinger Road
Cupertino - (408) 252-6290

Go south on Highway 280, exit at Wolfe Road. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Bollinger. Turn left on Bollinger. School is on the left.

Kennedy Junior High School

821 Bubb Road, at Hyannisport
Cupertino - (408) 253-1525

Go south on Highway 280. Take Highway 85 South. Take the first exit (Stevens Creek Boulevard/De Anza College). Turn right on Stevens Creek. Turn left at the first street, which is Bubb Road. After going through an industrial area, the school will be on the right side at Hyannisport.

Lawson Middle School

**10401 Vista Drive
Cupertino, 95014**

Go South on Interstate 280, exit DeAnza Blvd. Turn right for about 0.5 mile, then left on Lazaneo Drive which becomes Forest Ave. Turn left on Vista Drive, school on the left.

Miller Middle School

6151 Rainbow Drive
San Jose - (408) 252-3755

Go south on Highway 280, exit at Wolfe Road. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Rainbow. Turn left on Rainbow. School is on the left.

Sunnyvale Middle School

1080 Mango Avenue
Sunnyvale - (408) 522-8288

Go south on El Camino Real and turn right on Mary Avenue. Continue on Mary to Knickerbocker. Turn right on Knickerbocker, left on Mango Avenue. School is on the left between Knickerbocker and Remington.

BLACH INTERMEDIATE SCHOOL
Los Altos School District

1120 Covington Road
Los Altos, California
94024
(650) 934-3838

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VALLEY JUNIOR HIGH SCHOOL ATHLETIC LEAGUE

SPORTSMANSHIP EXPECTATIONS FOR ALL PERSONS PARTICIPATING IN OR ATTENDING ATHLETIC CONTESTS

“The development and display of good sportsmanship ... is the prime objective ... [of] our athletic program ... No action by a coach, official, player, or spectator which downgrades, embarrasses or ridicules any other player, coach, official, or spectator should be tolerated or encouraged.” – *VJHSAL Handbook*

The following behaviors are unacceptable at VJHSAL events; violators will be requested to leave the premises; repeated instances of unacceptable behavior will result in permanent exclusion from VJHSAL events:

1. verbally berating players, coaches, or officials;
2. obscene language or gestures directed at players, coaches, officials, or spectators; and/or
3. physical violence or the threat of physical violence directed at players, coaches, officials, or spectators

Parent/Guardian and student signatures required for participation in the After-School Sports Program at Blach:

Parent/Guardian

Date

Student

Date

City of Los Altos
Recreation Department

Insurance Statement for Transportation of Students in Privately Owned Vehicles

Persons who provide transportation for students should be aware that it is the liability insurance of the registered owner of the vehicle that must provide coverage in case of accident. If you agree to provide transportation, please sign below and return this form to the coach.

I have read the above statement regarding insurance. I am twenty-one (21) years of age or older, possess a valid California Driver's License, and my automobile insurance is in force for the date or dates during which I am transporting students for after-school sports events. The minimum of liability insurance I am required to carry is \$300,000.00. I also understand that I must provide a working seatbelt for each passenger in my car, and that in accordance with California State Law, each passenger in the vehicle must wear a seatbelt at all times.

Last Name		First	Date
Address, City & Zip			
Signature			
California Driver's License Number		Expiration Date	
Name of Insurance Company			
Policy Number		Policy Expiration Date	